

Cystoscopy

Cystoscopy, or cystourethroscopy, is a procedure that enables your urologist to view the inside of the bladder and urethra in great detail. It is used to evaluate signs and symptoms such as blood in the urine, lower urinary tract symptoms, recurrent urinary tract infections, and it can help diagnose diseases such as urethral strictures, outpouchings, or masses, prostate enlargement, bladder outpouchings, stones, lesions, or tumors.

The cystoscope is a thin tube approximately 5 to 7 mm (1/4 inch) in diameter. It can be either flexible or rigid. It has a lens, a fiberoptic light source and a channel for irrigation to distend the bladder and urethra to allow for their visualization. It may also accommodate an instrument such as a grasper, biopsy forceps, or a cautery unit.

Cystoscopy is usually performed as an outpatient procedure in a urology clinic or treatment room. Prior to the procedure, you will need to empty your bladder. You will then be positioned on an examination table. After administration of topical anesthesia, the cystoscope is inserted into your urethra and advanced into your bladder. Water or saline is instilled into the bladder through the cystoscope. You may feel some pressure and a sensation of fullness.

Under normal conditions, your urethra is wide enough to accommodate the cystoscope, and should appear smooth, pink, and even. Your bladder wall should also appear smooth and pink, and the bladder should be of normal size and shape. If any tissue in the bladder wall appears abnormal, a small sample can be removed through the cystoscope to be analyzed.

The average cystoscopy takes about 5 minutes.

You may resume your normal daily activities after the procedure. You may feel a burning sensation or urinary frequency and urgency for up to 72 hours. Sitting in a warm tub bath and increasing your fluid intake may help relieve this discomfort. If your discomfort persists, you develop a fever > 101.4 , you are unable to urinate or your urine appears bright red, you should notify your physician.
